Informant: LMP-S4 **Spanish**
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CH: What is recommended for dog bites?

S4: If a person can't get to the doctor right away to determine whether the person or the animal has rabies, and get antibiotics- then the person can wash the wound with alot of rosemary (romero). Rosemary is like an antibiotic. It is used for acne, since it combats bacteria, and it is also an antiseptic-like alcohol. The wound can be washed with lots of rosemary. Salt water (agua con sal) can also be applied to produce iodine (yodo). What iodine (yodo) does is it dissinfects.

CH: Does the water have to be very salty?

S4: Very salty. It is preferable to use salt that contains iodine.

CH: The area where the person was bitten is then washed?

S4: Yes. The person can also apply warm poultices (fomentos). After an hour or so if there is inflammation in the area, the person can apply arnica in the same way-warm. The infusion has to be warm, and the gauze or towel that is used has to be soaked in the infusion and placed as a patch. This reduces the swelling. The effect of the iodine in the salt, and the astringent in in the rosemary starts to combat any bacteria and infection.

CH: The rabies?

S4: Well rabies are believed to be a virus. Herbs like rosemary cannot combat a virus-but they do act against bacteria such as the bacteria the animal might have in its mouth.

CH: If the dog has rabies –

S4: The person needs to get rabie shots. The arnica helps reduce the inflammation and helps to combat the bacterial infection along with the salt and rosemary.

CH: So the treatment consists of the three things – rosemary, salt, and –

S4: Yes, when you boil the rosemary-you can add lots of spoonfuls of salt. After an hour goes by if there is some inflammation present on the skin or muscle you apply the arnica.

CH: You apply the arnica afterwards?
S4: Yes, after an hour goes by-if you can see that the muscle or skin is inflammated.

CH: All this is prepared in tea form?

S4: Yes, but since it is going to be used as an antiseptic, instead of using one spoonful of rosemary you would use four.
CH: Would the same thing be done with arnica?

S4: The same is done to increase the potency. Since it is not going to be ingested there is no risk of it causing irritation or indigestion to the stomach because it is too strong.

CH: Do you use the same measurement of water or more?

S4: A little more, because you are going to have to soak the towel or gauze into it repeatedly.

CH: What is a good amount to use?

S4: For approximately half a gallon of water-one could use a whole cupful of the herb.

CH: For sties or maybe you know it as (escupelo)?

S4: I don't recognize that.

CH: When a person has like-a pink swelling in the eye.

S4: You are talking about pink eye?

CH: Yes, pink eye.

S4: That is believed to be a bacteria and not a virus. The same thing can be applied-rosemary with a few drops of lemon. The citric acid combats bacteria. But you do not put lemon drops directly into the eye because it burns and irritates.

CH: So you would use a cup of water –

S4: Yes, and a spoonful of rosemary, let it come to a boil and when it is lukewarm you can add half a spoonful of lemon juice.

CH: Do you apply it as drops?

S4: Yes, you use it as an eye wash.

CH: Will the person see an effect the same day?

S4: Yes, on the same day. It reduces inflammation and redness of the skin.

CH: Are you familiar with an illness that often afflicts children, known as jaundice? I do not know what it is called in Spanish but it is when people turn yellow due to problems with the –

S4: With the liver.

CH: Yes, with the liver, and the person turns yellow.

S4: The person can take the leaf of a tree called Boldus (Boldo). Boldus decongests the liver.

CH: It's a leaf?

S4: Its a leaf from a trea. Boldus reduces inflammation and decongests the liver. It cleanses the liver. It is often used by people who suffer from alcoholic pseurosis- people that have a lot of inflammation due to having a long history of alcohol consumption. These people are given this treatment and inflammation in the liver is reduced. The liver is also decongested.

CH: How many times a day should it be taken?

S4: If it is a child you would give it to them twice a day. No more than twice a day.

CH: Should it be given warm?

S4: lukewarm.

CH: What about for adults?

S4: Adults can take it four times a day-about eight ounzes or more.

CH: Do children take less than eight ounces?

S4: Yes, normally about half-around four ounces.

CH: What is the duration of this treatment?

S4: Normally, about a week until the condition of the skin improves.

CH: How is this tea prepared?

S4: You use one spoonful to one cup of water.

CH: What is your recommendation for nosebleeds? For example, my grandmother used to give me chocolate or would tie a ribbon around my forehead.

S4: Some people treat this by rubbing a powder from a bark, known as **Tepezcohuite**, inside of the nose. This is the same tree bark used to treat ulcers. It is known to help heal wounds.

CH: So the powder should be rubbed inside of the nose during the nosebleed?

S4: Yes.

CH: What is your recommendation for hernia?

S4: There is no herb that can be used to treat this condition. What the person needs to do is use a girdle. It involves something that is open or torn in the person. Because we are looking at a muscle that is damaged and that calls for surgical intervention. Typically the person would need to use a girdle-a home made girdle. You would take a regular sized sheet and cut about 12 inches or a foot in width from that. You take another sheet and do the same. Then you sew the two sheet pieces together to form one very long piece of cloth which is used to wrap the person up like a tamale. Someone else has to wrap the person's pelvis area very tightly-the area below the stomach and bellybutton.

CH: What is good for frostbite?

S4: I have heard that people who get frostbite soak their feet in saltwater mixed with arnica or rose buds **(rosa de castilla**), and marigold (**calendula**). There are herbs that make the skin smooth which are used. What some people do is they scrape off the blackened or darkened areas which are numb. They scrape them off with a blade as if they were calluses.

CH: Have you heard of (**Paletilla**)? That is when a person's organs fall out of place?

S4: No.

CH: What is the recommendation for epilepsy?

S4: A lot of people use herbs like – well depending on the symptoms, like rosemary mostly. Rosemary is known to relieve headaches. It is believed to either thin out or cleanse the blood. I am not sure. This condition is mostly treated through the blood. They take a tree bark known as Peruvian Bark (**Quina Roja**) which is believed to tone the blood. The rosemary is believed to thin out the blood, and they take a seed known as Chia. They take it as if it were a refreshment, like hibiscus water (Jamaica) or rice water (Orchata). This is believed to help tone the blood. Everything that is taken is believed to treat the blood.

CH: Why?

S4: Because it is believed that there is something wrong with the blood. Some people believe that epilepsy has to do with parasites in the body due to the consumption of pork meat. This is a common belief. So what is taken is something that is good for getting rid of parasites. Typically pumpkin seeds are grinded and ingested while fasting before breakfast. One or two spoonfuls are mixed with orange juice. This is believed to extract parasites from the body. It really works. Pumpkin seeds do extract parasites out of the body, whether one boils or grinds the seeds, they do expel parasites from the body. I don't know if this is due to the high fiber content. Some people attack the problem of epilepsy in two ways-by attacking the parasites that are believed to have damaged the brain through the consumption of pork meat, or by purifying and cleansing the blood. It is believed that these things will make the person better.

CH: How should the pumpkin seeds be taken?

S4: First of all they should never be taken raw. They should be toasted without salt, oil, or anything. They should be toasted in a pan over a fire. You grind the whole thing-shell and all, so that you get a powder. From this you take two regular spoonfuls and mix it into some orange juice which should be fresh juice. You should make it yourself and take it before breakfast. After you take it you shouldn't have anything to eat for three hours. This is going to expel the parasites in the organism. This is going to cleanse the intestines.

CH: While taking this treatment can a person take Peruvian Bark (**Quina Roja)**?

S4: Well you are taking this remedy while fasting-before breakfast. You are not going to have breakfast until three hours have passed. After this time has passed then you can start taking the stuff for the blood. The treatment for the parasites is taken for a maximum of three days. After this you can start taking the stuff for the blood.

CH: Peruvian Bark (Quina) or Chia.

S4: Yes.

CH: Can these three herbs be mixed?

S4: Yes they can be mixed but **Chia** is commonly taken as a refreshment. It is prepared with sugar and it is taken during the day as if it were soda pop. Now the Peruvian Bark (**Quina)** and **Rosemary** are taken seperately because they are quite acidic.

CH: Can you add sugar to these herbs?

S4: Yes, unless the herbs are for diabetes, they can be sweetened by honey or sugar.

CH: Does adding sugar or honey take away from the properties of the herb?

S4: No, it just changes the taste.

CH: Have you heard of (**Peche**,) or as it is known in Guatemala (**Chipe**)? That is when children are afflicted by feelings of jelousy from their siblings?

S4: I have heard of this but the only thing that I know is done is a spiritual cleansing. Herbal infusions given as a drink are not used. They may change the person's diet. For this a spiritual approach is used rather than a herbology approach.

CH: Why?

S4: It is believed that there is something negative in the child. Like a bad thought or a bad influence that is affecting the child's thinking.

CH: Can you give me an example of a cleansing used to treat this?

S4: Typically, for children, white flowers like carnations are used, and white chicken eggs.

CH: This is brushed over the body of the child?

S4: Yes, holy water and prayer are also used. Small white candles are used to make the sign of the cross.

CH: What kind of prayers are used?

S4: Typically Catholic prayer such as the Our Father, Hail Mary, and Creeds.

CH: Have you heard of a person's bile bursting (**Hiel Rebentada**)?

S4: Yes.

CH: Can it be treated with herbs?

S4: Quassia (**Cuacia**) which is a bark as well as the (**Prodigiosa**) which is a plant are good for this.

CH: In tea form?

S4: Yes.

CH: Can they be combined?

S4: Yes, although the taste would be very bitter. As it is, the individual herbs are both very bitter. Combined they would be even more bitter. Normally one would take one or the other.

CH: How many times a day is it taken?

S4: Only in the morning while fasting, before breakfast, or at night after two or three hours have passed since dinner.

CH: How long is the treatment?

S4: Normally, before, or by the third day there is an improvement.

CH: Do you know what causes the bile (hiel) to burst?

S4: It is believed that it is caused by emotional upsets experienced by a person, like worries, or simply a lot of tension.

CH: When a person's bile (hiel) bursts how do you know this is the problem?

S4: Normally the symptoms are acid related or ulcer-like symptoms such as a sharp pain. It isn't a stifling or hot pain but rather a feeling like something is cutting into a person.

CH: And something acidy?

S4: Yes, heartburn.

CH: Have you heard of jaundice (artiricia), or as some people know it (tiricia)? For example, a Guatemalan man that I talked to said this is something that happens to adolescent women, characterized by not wanting to do anything and being depressed?

S4: Yes, I have heard of it but I've never known of any herb that treats this. But I have heard of that condition.

CH: OK , So does this have any -

S4: The only thing I have heard of is that the person's diet is changed.

CH: They change the person's diet?

S4: That is they give them cooked foods, such as beef stew, but only certain parts of the animal are used in the stew. I belief they only use the bones. They also cook chicken soup but they do not use vegetables, or salt. It has to be very bland. The idea is to change the diet but I have never heard of particular herbs being used as a treatment. I know that the person's diet is changed because it is believed that the person has a nutritional defficiency.

CH: What about Cleft-lip (Penjabache??????)? Have you heard of ( )?

S4: No.

CH: When a person's lip is kind of joined with the nose, and it is kind of malformed? Some people think that this happens when an expectant mother witnesses an eclipse.

S4: Are you talking about (labio leperino)?

CH: I've never heard of that. But it is when the lip is kind of joined with the nose.

S4: Yes, they are born that way. It is a natural birth deffect known as cleft-lip?

CH: Yes, cleft-lip.

S4: In Spanish this is called (labio leperino).

CH: Labio leperino. I'm going to write that down.

S4: That is the clinical term used by doctors in Mexico.

CH: Yes **(¿???????**) is what it is known by in Guatemala and El Salvador.

S4: No, (labio leperino) is the clinical term used in Mexico.

CH: Have you heard of it?

S4: Yes I have heard of it but I've never heard of any treatment that is prescribed or promoted. But I have heard many stories that say it is due to inheritance, yet others say that it is a curse. Others say it is due to different changes of the moon, and a number of things, but I have never heard that this condition can be treated through herbology.

CH: What are the beliefs as far as what a woman can do to prevent this?

S4: Yes, there are many. For example, that there has to be some silver on the mother's womb, held in place by some other thing made of metal. Others believe in using a red ribbon as a belt, or a belt of seven colors.

CH: On the stomache?

S4: On the stomache. A braid of ribbons made of seven colors, or one ribbon that is read in color. Others believe that they should hang keys on themselves, a silver coin, or simply safety pins.

CH: Does this prevent the child from being born with this condition?

S4: Yes.

CH: What can you recommend for varicose veins?

S4: For varicose veins what is used are things that thin out the blood. What is used a lot is rosemary as a drink-because rosemary is said to thin out the blood since it is an astringent. It is known to be good for getting rid of headaches, and problems of embolism (embolia)-having cuagulated blood. It is believed that this will thin out the blood. So many people drink rosemary (romero) to thin out the blood.

CH: How many times a day is this taken?

S4: Minimally, it is taken three times a day.

CH: Three times. How long before a person is able to see results?

S4: The treatment lasts for months-a minimum of four to six months, in order to start seeing some changes in the person's ciruculation. The person starts to feel less inflammation in the veins, they see that the veins are not as dark, and that the swelling is reduced. So results are witnessed with the passing of months.

CH: O.k. Have you heard of (¿??**frenesias???)** like when a person has an abnormal ligament in the mouth?

S4: No.

CH: What do you recommend for children that bedwet that are already of age?

S4: They are given diuretics, and that is all they are given. They take it during the day-from morning until no later than five in the afternoon. They are given Bearberry seeds

(semilla de pinguica), cornsilk (**barbas de elote**), shavegrass **(cola de caballo**), and anything else that is good for stimulating the bladder.

CH: But the problem is that the children bedwet at night.

S4: Yes, that is why. It is believed that since they are going to be active during the day, by night time they will have run out of liquid to expel from their body.

CH: Are children given the same amount as an adult would be given-that is an eight ounce glass?

S4: Normally, yes.

CH: O.K. Are there illnesses that are caused by people's humour (**humores**). For example, I have heard of **(pujo**) in children. They say that pregnant women cannot heal wounds or infections because they will worsen the condition. Have you heard of (humores) or the effects of different people's humour (humores)?

S4: I don't understand the question.

CH: For example, they say that pregnant women have such strong humour (**humor**) that if she touches a wound in another person, that wound becomes infected because it is said that the humour (humor) in pregnant women is very strong.

S4: That the women has an odor?

CH: No –

S4: Because normally humuor (**humor**) is related to a persons's bodily odor.

CH: Yes, there are some people that say there is an odor but others say that it has nothing to do with odor but that it is (¿?????) or something.

S4: I relate it to something that has to do with odors because otherwise it would have to be about something spiritual. One would have to say that it is about a strong vibration or something like that.

CH: Maybe. My mother says that some people have such strong humour **(humor**) that if they see - For example, she tells my sister not to go out to the garden when she is harvesting strawberries because my sister has a strong eye (**vista fuerte**) and if she looks at the fruit she might burn them. But it isn't about anything that you can smell. It isn't about an odor.

S4: Really I have no idea. I have never heard of that.

CH: I want to ask about the moon and its influences. For example is there a certain effect when one cultivates during a specific moon phase?

S4: There is a calendar especifically made for that, which advices on the most appropriate times for harvest. It is believed that the waxing moon (luna creciente) is the moon phase that favors anything that is going through the growth process. It is a good time to plant. It is believed that the full moon is very appropriate for harvesting those plants that are going to give fruit. Not plants that are going to be pulled out by the root but rather like trees that are going to keep giving more apples, peaches, plums, pears, and all that. These are favored during a full moon.

CH: During that time you would harvest.

S4: Yes. If apples are harvested it is believed they will sprout again, and grow again-just as the crescent moon (**luna cresciente**). It is believed that a waning moon (**luna menguante**) that is when the moon is fading from the lower middle half-this the best time to prune a tree that you do not want to keep growing. If you have a tree you want to get rid of, but you can't pull it out because it is costly or it isn't practical, or there just isn't a way of doing it, then this is a way to stop the tree from growing.

CH: Do you think the moon can affect people?

S4: In their behavior and their energy – yes I do believe it can affect a person's behavior.

CH: Like how?

S4: Emotionally, most of all. I think that when the moon is full a person experiences less depression, less saddness, and more of a desire to do things around the house. During a full moon people go out more-they visit friends, do their grocery shopping, do their laundry, go to the movies-and go out mostly at night. Although they also go out during the day. People are more energetic and do not feel as tired or sluggish. People want to do more things, and are more mentally active-they generate more ideas to study, and write about-they write poetry, and songs. It is believed that there is a strong force or energy during this time.

CH: During the full moon?

S4: During the whole duration of the full moon. It is a moon fullof force and energy. It makes people not feel tired.

CH: Is there a certain moon phase that causes depression in people?

S4: The waning moon (luna menguante) – the one that is fading. This one is believed to take people's ideas. It takes people's creativity. It takes away the positive, the optimism, the cheerfulness in people.

CH: O.k. Is there a particular moon phase that is most appropriate for killing animals that are going to be used for food?

S4: Not for killing animals-not in my opinion. There is no specific time or special time to do that.

CH: Are there illnesses that can worsen or improve during a certain phase of the moon?

S4: Yes. People that suffer from emotional problems such as, schizophrenia, anxiety, and anything that agitates a person. The person becomes hyperactive and their anxiety level increases. They will exhibit compulsive disorders. What happens is the person starts thinking and his/her senses are disturbed. Also, high blood pressure worsens during the full moon because this is a time when there is a lot of energy flowing- there is a strong current. It is believed that this causes people that are paranoid to experience more anxiety and panic attacks, and basically madness-of wanting to commit crimes. Some people suffer from sexual problems-like nymphomaniacs-they get ideas about looking for people and doing things. Some people are clyptomaniacs and they want to steal stuff. During these times they feel they want to go out and steal things. There are people that suffer from having the problem of being accelerated-wanting to do stuff. This helps people that are suffering from depression because it motivates them. It also helps people with low blood pressure because it regulates their pressure. It is known to affect the psychological and emotional aspect of a person more than anything else.

CH: Can the moon cause deformities to the fetus-problems in the uterus?

S4: It is a popular belief, but it is not my personal belief. Popular belief states that the full moon brings lots of phenomenon to the world-children born without arms, children born with an additional arm, or children that are born with all kinds of deformities-defomities of the skin, eyes, or mouth. It is believed that the moon has this kind of influence. While other phases of the moon are not considered to cause damage to a woman's pregnancy.

CH: Have you heard of healing stones or stones that are used for luck. I have heard of "deer's eye" (**ojo de venado**). It is like a rock and I have heard that it is used for luck or for healing. Have you heard of this.

S4: Yes, I have. It is believed that all quartz stones and precious stones have healing properties. Some people believe that the ruby helps those who suffer from heart problems-low pressure, high pressure, or heart growth, rhythm irregularities, and angina-everything that is related to heart problems. It is believed that rubies, for whatever reason, helps these types of problems. Rose Quartz and White Quartz are believed to help people that suffer from negative energies in the head area-like schizophrenia, depression, and compulsive disorders. Rose quartz and white quartz are believed to help with all kinds of mental problems because they are believed to help harmonize the person. Other stones, like the amethyst, are believed to generally help improve any kind of health problem. The "deer eye seed" (**semilla de ojo de venado**) is believed to be good for getting rid of or simply preventing the evil eye (mal de ojo). Red and black corral is also believed to counteract envy and the evil eye in children. There is also a belief that metals like silver act as a protector against all kinds of problems. It is believed that gold can bring luck and abundance to wearers. But it has to be gold that can produce a sound such as bracelets, little gold bells-things made of gold that hit against each other to produce noise. It is believed that copper helps with rheumatism problems, arthritis, and pains in the joints-as long as it is directly placed in the problem area. A copper ring can be used for problems with the finger joints. Copper bracelets can be used for hand

related problems. Copper necklaces are used for problems in the neck area. All of these things are used for any arthritis or rheumatism related problem.

CH: How should rocks like quartz and the ruby be used?

S4: The stones should not be cut or polished in order for them to be most effective-so that they have more energy. Rubies should be in their natural state, without being polished, and without having any defined shape-not a square, not a circle. The same thing goes for the quartz stone. It should not be polished, shiny, processed, or cut into any shape. A rock in its natural state has more intensive properties because it is coming directly from the earth. This means that nothing has taken away its energy or power.

CH: Have you heard of urine and feces from humans and animals being used to treat illnesses?

S4: In many Latin American countries it has been said that cow dung is good for generating hair growth on the scalp. It should be applied when it is hot-taken and used right after the animal has put it out. It is believed that by putting it on the scalp it is going to generate hair growth where there is no hair. For those who have hair, it is believed that it will generate more hair growth, and that the hair will grow thicker, and healthier. I have also heard that goat's milk is very medicinal and can be given to children that are anemic, and weak. It is much better to give them goat's milk than cow's milk. Donkey's milk is believed to be good for infections. It helps a person's immune system. People with Cancer, people that have lost a lot of blood, and that are weak can be rejuvenated by increasing their energy and vitamins. Donkey's milk is believed to contain lots of antibiotics. Goat's milk is believed to be very nutritional, especially for children.

CH: What about the milk of lactating women?

S4: I have heard that it is very good for skin problems. When applied directly onto the skin it can help all kinds of skin problems. I've been told that it is good for brown spots (paño), acne, and other skin problems. I have heard that urine is also good for acne when applied directly to the skin. This might work because urine contains a high level of ammonium. Ammonium is obviously going to dry, and clear up the acne because of the ammonia content and because urine is acidic.

CH: Are there any foods that should be avoided? For example, if a woman is menstruating should she avoid certain foods?

S4: The belief is that a woman that is menstruating should avoid things that contain caffeine-chocolate, coffee, soda, and things that are citric-orange juice, lemons, and that kind of stuff. What I do not know is the reason behind these beliefs. I only know that this is what they commonly have the person avoid.

CH: Are there illnesses-not illnesses but problems like epilepsy attacks or fainting spells that can be caused by certain foods or combination of foods?

S4: It is believed that people that suffer from heart attacks or the ones that have to do with the brain, like epilepsy should avoid heavy foods at night. For example, eating a lot

of red meat, half an hour before a person goes to bed is believed to worsen the person's condition. Even if it isn't red meat-if a person eats heavy foods very late at night this can damage a person. It is also believed that if a person is working very hard-like doing construction work or working out in the field- that person should not drink water until they have rested for atleast one hour. It is believed that drinking too much water will cause stomach problems, or that the person will get cramps, and feel tired and sluggish at work.

CH: Is it the same as when a person is told they should wait half an hour before going out into the sun and that kind of stuff?

S4: Yes, yes, if the person goes swimming, most likely, the person will get cramps in their body.

CH: O.k. this is all. I want to ask you to state your complete name?

S4: XXXXXXX S4.

CH: Are you Mexican-from Mexico?

S4: Yes, of Mexican origin.

CH: When were you born?

S4: The complete date?

CH: Yes.

S4: The seventh of February of 1973.

CH: Where were you born?

S4: In Tijuana, Mexico.

CH: How many languages do you speak besides English and Spanish?

S4: Well maybe not with a 100% fluency, but I do understand Lucumi and the Congo language with a 50% fluency.

CH: Nice. O.k., O.k., this is it.

S4: That's it?

CH: Thank you S4. This is all I am going to bother you with.

THE END OF TRANSCRIPT